

ABSTRACT

THE EFFECT OF PSYCHO RELIGIOUS THERAPY OF THE QUR'AN ON THE STRES LEVEL OF STUDENTS WORKING ON THE THESIS

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ABSTRACT

Background: The completion of the thesis raises many problems so students feel burdened and become stressed. Stres is the body's non-specific response to the demands of life's burdens characterized by physical and psychological problems. A person's physical and psychological changes include loss of appetite, headaches, difficulty sleeping, anxiety, tension, and sudden death at a young age. This problem can reduce a person's mentality so that there is a feeling of unwillingness to complete the thesis which results in an extension of the study period and drop out of students. Stres can be overcome with psycho religious therapy. Providing psycho-religious therapy murottal Al-Qur'an can reduce stres levels so that it can be applied to manage stres.

Objective: To determine the effect of murottal Al-Qur'an psycho religious therapy on the stres level of students who are working on their thesis.

Method: The type of research used was a quasi experiment with a pretest-posttest control group design. The subjects of this study were 86 students. The sampling technique with nonprobability sampling and using the total sampling method. The number of samples is 86 respondents. Data analysis used Wilcoxon test and Mann-Whitney test..

Results: Providing psycho religious murottal Al-Qur'an therapy can reduce stres levels in students who are working on their thesis. The results of the Wilcoxon test in the intervention group obtained a value of $p = 0.000$ (p value < 0.05) and the control group obtained a value of $p = 0.420$ (p value > 0.05). The results of the Mann-Whitney test in the intervention group and the control group after being given treatment obtained the results of $p = 0.000$.

Conclusion: There is an effect of murottal Al-Qur'an psycho religious therapy on the stres level of students who are working on their thesis.

Keywords: stres, psycho religious therapy, murottal Al-Qur'an, thesis

ABSTRAK

PENGARUH TERAPI PSIKORELIGIUS MUROTTAL AL-QUR'AN TERHADAP TINGKAT STRES MAHASISWA YANG SEDANG MENGERJAKAN SKRIPSI

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ABSTRAK

Latar Belakang: Penyelesaian skripsi memunculkan banyak masalah sehingga mahasiswa merasa terbebani dan menjadi stres. Stres merupakan respon tubuh bersifat nonspesifik terhadap tuntutan beban kehidupan yang ditandai oleh masalah fisik dan masalah psikis. Perubahan fisik dan psikologis seseorang berupa hilangnya nafsu makan, sakit kepala, kesulitan tidur, gelisah, tegang, hingga kematian mendadak pada usia muda. Masalah tersebut dapat menurunkan mental seseorang sehingga muncul rasa ketidakinginan untuk menyelesaikan skripsi yang mengakibatkan perpanjangan masa studi dan *DO (drop out)* pada mahasiswa. Stres dapat diatasi dengan terapi psikoreligius. Pemberian terapi psikoreligius murottal Al-Qur'an dapat menurunkan tingkat stres sehingga dapat diterapkan untuk mengelola stres.

Tujuan: Mengetahui pengaruh terapi psikoreligius murottal Al-Qur'an terhadap tingkat stres mahasiswa yang sedang mengerjakan skripsi.

Metode: Jenis penelitian yang digunakan *quasi experiment* dengan rancangan *pretest-posttest control group design*. Subjek penelitian ini sebanyak 86 mahasiswa. Teknik pengambilan sampel dengan *nonprobability sampling* dan menggunakan metode *total sampling*. Jumlah sampel sebanyak 86 responden. Analisa data menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil: Pemberian terapi psikoreligius murottal Al-Qur'an dapat menurunkan tingkat stres pada mahasiswa yang sedang mengerjakan skripsi. Hasil uji *Wilcoxon* pada kelompok eksperimen diperoleh nilai $p=0,000$ ($p\text{ value} < 0,05$) dan pada kelompok kontrol diperoleh nilai $p=0,420$ ($p\text{ value} > 0,05$). Hasil uji *Mann-Whitney* pada kelompok eksperimen dan kelompok kontrol setelah diberikan perlakuan didapatkan hasil nilai $p=0,000$.

Kesimpulan: Terdapat pengaruh terapi psikoreligius murottal Al-Qur'an terhadap tingkat stres mahasiswa yang sedang mengerjakan skripsi.

Kata Kunci: stres, terapi psikoreligius, murottal Al-Qur'an, skripsi